

Cats stretch to condition their muscles. Have a go at an evening of pilates or yoga to stretch and condition your muscles.



Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



- Purrrfect Challenge

£/Free	Indoors
Day/Night	

<input type="checkbox"/> 11 - 14	<input checked="" type="checkbox"/> 14 - 18
<input type="checkbox"/> 5 - 7	<input checked="" type="checkbox"/> 7 - 11
<input type="checkbox"/> 3 - 5	

<input checked="" type="checkbox"/> Autumn	<input checked="" type="checkbox"/> Spring
<input checked="" type="checkbox"/> Summer	<input checked="" type="checkbox"/> Winter

Skills:

- Flexibility
- Gross Motor Skills
- Listening
- Observation

Equipment: